

Blood Pressure Log

Name: _____ My Blood Pressure Goal: _____ mm Hg

Instructions

- Measure your blood pressure twice a day—morning and late afternoon—at about the same times every day.
- For best results, sit comfortably with both feet on the floor for at least two minutes before taking a measurement.
- When you measure your blood pressure, rest your arm on a table so the blood pressure cuff is at about the same height as your heart.
- Record your blood pressure on this sheet and show it to your doctor at every visit.

Date	Morning	Afternoon

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Adapted from the American Heart Association

Englewood Health Physician Network is the physician network of Englewood Health. Our network comprises a growing group of hundreds of physicians, representing a range of specialties, with convenient locations throughout Northern New Jersey and Rockland County, NY. Our priority is to provide you and your family with quality healthcare using today's most innovative techniques and procedures, all delivered within a compassionate, humanistic environment.

Thank you for letting us be part of your healthcare team.